SLENDERTONE®

*Time to look and feel good*

# System-Arms

MODE D'EMPLOI

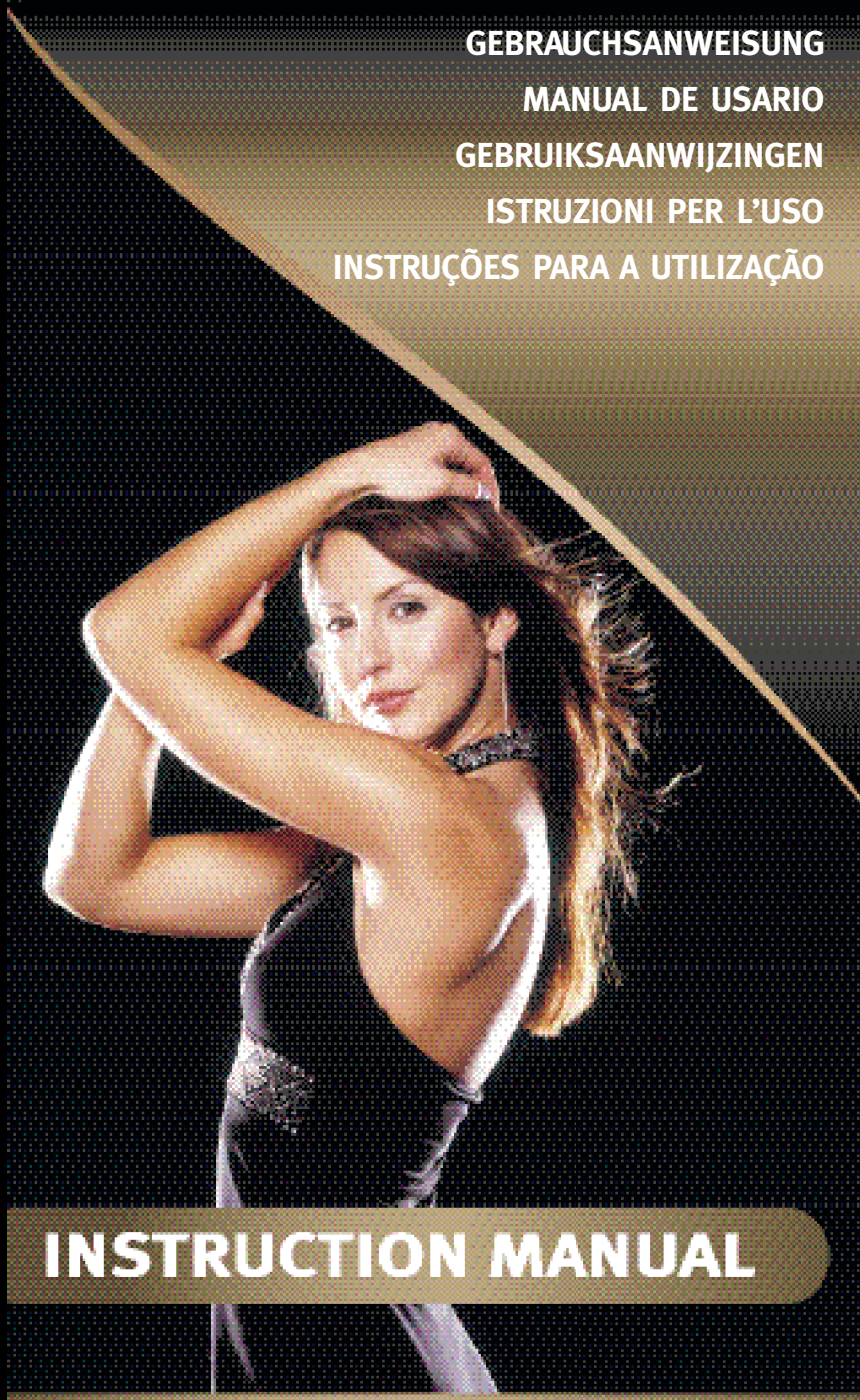
GEBRAUCHSANWEISUNG

MANUAL DE USARIO

GEBRUIKSAANWIJZINGEN

ISTRUZIONI PER L'USO

INSTRUÇÕES PARA A UTILIZAÇÃO



## INSTRUCTION MANUAL

slendertone.com/system

SLENDERTONE®

*System-Arms*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## WELCOME

Congratulations on purchasing your SLENDERTONE SYSTEM-ARMS. Please read your user manual fully before using this product.

This revolutionary new concept allows a single hand-held controller to be attached to a range of garments which tone different areas of the body, saving you money on your next SLENDERTONE purchase. SLENDERTONE SYSTEM-ARMS uses clinically proven EMS technology to exercise the triceps muscles in your upper arm. A signal is sent to the muscles and as that signal strength increases, the muscles contract. The SLENDERTONE SYSTEM-ARMS product should be used while relaxing in the comfort of your own home.

Use your SLENDERTONE SYSTEM-ARMS product 5 times a week for 10-20 mins and in just 4 weeks, you can expect to see these results:
- Toned & defined arms
- Feel confident in sleeveless tops and dresses

For best results we recommend that you use your SLENDERTONE SYSTEM-ARMS in conjunction with a normal, healthy diet and exercise.

SLENDERTONE SYSTEM is an electronic muscle stimulator intended for the enhancement of performance of normal muscle. It may also be used, with medical supervision, for the rehabilitation of muscle which has become deficient due to disuse or injury.

If you have any difficulty setting up your unit or have any other questions or concerns about your SLENDERTONE SYSTEM-ARMS product call the SLENDERTONE Careline on :

UK: 0845 070 7777
Rep. of Ireland: 1890 9223388
International: +353 1 844 1016
Email: info@slendertone.com
slendertone.com/system

## PRECAUTIONS

Please read these precautions before using your SLENDERTONE SYSTEM-ARMS unit:

- You should only use this product while in a relaxed, seated position, with your arms bent slightly and resting in your lap.
- Do not straighten your arms during the session, as this can lead to an ineffective session and may cause some discomfort.
- Never use SLENDERTONE SYSTEM-ARMS while invloved in any activity which includes using your arms or hands.
- Your arms are likely to move involuntarily during a session.
- Keep your unit in your hands during each session.
- Do not fasten the straps too tightly around your arms.
- If the garment leads are damaged or exposed, they should be replaced immediately.
- Maximum use of a SLENDERTONE SYSTEM product is one session per day per body area.



## INTRODUCING YOUR SLENDERTONE SYSTEM-ARMS

**You should find the following parts inside your pack.**

**1. Arm garments ( x 2 ):**
The arm garments have been ergonomically designed and are fastened around your upper arm using the straps.

**2. Straps ( x 4 ):**
These are used to hold the garments in place. They will fit an arm circumference range between 22-37cm.

**3. Unit Connector:**
This connects the unit to the garments. Make sure the unit and garments are fully connected before use.
**IMPORTANT:** Do not disconnect the unit from the garments until it has been switched off.

**4. Pack of four adhesive pads.**
These adhesive pads are placed onto the garments before use. When you wrap the garments around your arms, these pads must be in contact with your skin so that signals can be sent to your muscles.

**5. Instruction Literature:**
This is a detailed guide to using your SLENDERTONE SYSTEM-ARMS and an additional quick start guide to help get you started.

**6. SLENDERTONE Pouch:**
Use this pouch to store your SLENDERTONE SYSTEM-ARMS between toning sessions.

## UNIT CONTROLS

**1. On/Off Button (⏻)**
Press and hold this button for 2 seconds to turn your unit on or off. You may also pause the exercise by briefly pressing this button.

**2. Increase Toning Intensity ( ▲ )**
Press and hold these buttons to increase the intensity of the exercise. The right-hand button controls the garment on your right arm. The left-hand button controls the garment on your left arm.

**3. Decrease Toning Intensity ( ▼ )**
Press and hold these buttons to decrease the intensity of the signal to either arm.

**4. Programme Button ( P )**
Press this button to select the toning programme you wish to use. There are 3 programmes, which are explained later in this manual (page 8).

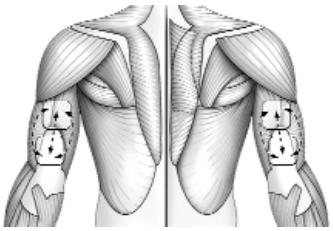
**5. Information Button ( i )**
Press this button to see your training information, such as the maximum intensity for your current or last session and the number of sessions you have completed.

## UNIT DISPLAY

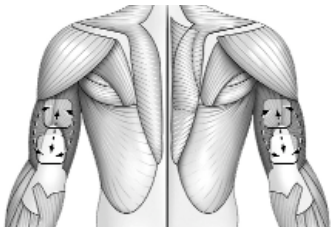
| | |
|---|---|
| (50 | Toning intensity from the left arm garment. |
| 46) | Toning intensity from the right arm garment. |
| 10:08 | Counts down the time left in the current session. Also displays error messages (see page 9). |
| II | Appears when the exercise has been paused. |
| | Indicates that the sound is off. |
| | Keylock is active - you cannot change the intensity levels or the program accidentally. |
| | This symbol indicates a poor contact between the unit and garments or between the pads and the skin (see page 11 for more details). |
| | Shows the battery power remaining. |
| # | Number of sessions completed. |
| 2 | Shows the programme currently running (1 - 3). |
| | This symbol appears during each contraction phase. |
| (92 87) | Maximum intensity for the current/ last session. |

## HOW DOES MUSCLE STIMULATION TECHNOLOGY WORK?

SLENDERTONE SYSTEM-ARMS uses electrical muscle stimulation (EMS) technology. This technology has been used in hospitals and by physiotherapists for over 50 years. Here is a summary of how EMS technology works.



**Step 1**
Signals are sent between the pads. The signals switch on the nerves which control the triceps muscles.



**Step 2**
As the signal strength increases, the nerves, in turn, cause your muscles to contract and relax rhythmically.

## SETTING UP YOUR SLENDERTONE SYSTEM-ARMS

**Step 1 - Charge the battery.** Insert your charger into a socket and then connect it to your unit (Fig. a). It'll take approximately 2-3 hours to fully charge the battery. Your unit is fully charged when all three sections of the battery icon are full. The battery icon will flash when the battery is low and needs to be recharged.
**NOTE:** Do not leave your unit connected to the charger when the battery is fully charged.

Fig. a

Fig. b

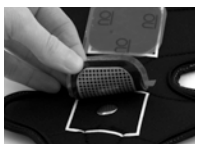
Fig. c

**Step 2 - Connect the unit to the garments.** The unit and garments must be connected properly for your SLENDERTONE SYSTEM-ARMS to work. 'Click' the unit connector into the garment connector as shown in Fig. b.

**Step 3 - Place the pads on the garments.** Place the garments so that the four silver studs are facing you. Remove the adhesive pads from their pack. You'll notice that one side of each pad has a grid pattern on it while the other side is plain black.

Fig. d

**(i)** Remove the covers from the ***patterned side*** of the four pads (Fig. c).



**(ii)** Place the ***patterned side*** of the pads over the silver studs within the white squares (Fig. d).

**IMPORTANT:**
Before you progress, make sure that all of the silver studs are completely covered by the pads. Press the edges of each pad firmly onto the material before use.

English

**Step 4 - Remove the covers from the black side of all four pads (Fig. a).** Do not throw these covers away as you will need to put them back onto the pads at the end of your session.
**NOTE:** You should only use SLENDERTONE pads with your SLENDERTONE SYSTEM-ARMS unit.

Fig. a

**Step 5 - Positioning the garments.**
**(i)** Attach two straps to one side of each garment (fig. b).

Fig. b

**(ii)** Take the garment which is connected to the **GOLD** lead and place the point of your **RIGHT** elbow directly onto the connector symbol (⏻) on the inside of that garment. Then press the garment onto the back of your arm (Fig. c). Fasten that garment firmly in place using the straps (Fig. d).

Fig. c

**(iii)** Repeat step (ii), placing the garment connected to the **BLACK** lead onto your **LEFT** arm.

**IMPORTANT:**
You may need to adjust the position of the garments slightly until you find the most comfortabel position. However, the positioning will become much easier after a few sessions.

Fig. d

**NOTE:**
For the best results, we recommend that you do five training sessions per week. You should, however, only do one session per day, as this allows your muscles to recuperate.

## *CARING FOR YOUR GARMENTS*

Your garments may cleaned using a lightly dampened sponge, but you must first remove the pads. Always follow the cleaning instructions when cleaning the garments.

Never machine-wash or hand-wash your garments. Always clean them using a lightly dampened cloth or sponge.

Do not use bleach when washing the garments.

Do not dry clean your garments.

Do not tumble dry your garments. Dry them on a flat surface. Do not dry them over anything hot. (e.g. a radiator) as they contain plastic parts. Ensure the garments are completely dry before using them again.

The garments should never be ironed.



## *YOUR FIRST TONING SESSION*



Muscle toning can be an unusual sensation, but a pleasant one. It may tickle to begin with. We recommend that you use the product while seated until you become accustomed to the sensation. This progresses to a smooth muscle contraction as the toning intensity increases. To get started, follow these simple steps:

Fig. a

Fig. b

**Step 1:** Press and hold the on/off button (⏻) for two seconds to switch your unit on (Fig. a).

**Step 2:** Select the program you wish to use by pressing the program button ( **P** - Fig. b). Then, to start the program, press and hold the increase intensity buttons (▲- Fig. c) until you feel your muscles contracting. Always choose an intensity level at which you feel a strong but comfortable contraction. This will vary from person to person. The increasing intensity level is displayed on the screen.

Fig. c

**Step 3:** Continue increasing the intensity throughout the session if possible. You will feel the muscle contractions getting stronger as the intensity increases. Remember the harder you work your muscles the better the results you will see, but always reduce the intensity if you feel any discomfort. Your unit's intensity range is 0-99.

**PAUSING A SESSION**
If you wish to pause a session before it is finished, simply press the on/off button briefly. The display will show that the unit is paused (❙❙). To resume the session, briefly press the on/off button again. The display will return to its normal mode.

**Step 4: SESSION OVER**
At the end of the training session your SLENDERTONE SYSTEM-ARMS will stop automatically. However, you may switch off your unit at any time during a session by pressing and holding the on/off button for two seconds. You should see the display turn off.

**Step 5:** Remove the garments and put the covers back on the black side of the pads. Store everything in the pouch until your next session.
**NOTE:** Do not disconnect the unit from the garments without first switching the unit off, as this may result in an error on your display.

**Well done on completing your first training session!**

## GETTING RESULTS WITH YOUR SLENDERTONE SYSTEM-ARMS

**1. Use the strongest training intensity you can** - the harder you work your muscles, the better the results you will see, but remember, stimulation should never be uncomfortable.

**2. Use your SLENDERTONE SYSTEM-ARMS as part of a normal, healthy lifestyle.** Improve your diet and try to increase the amount of exercise you do. Other SLENDERTONE SYSTEM garments are available to help tone and firm other areas of your body.

**3. Your SLENDERTONE SYSTEM-ARMS has 3 toning programmes which are listed in the table below.** The unit will automatically progress through each programme adter a set number of sessions. The display shows the programme currently selected.

| Programme | Duration | Training Level |
|---|---|---|
| Beginner | 10:00 | Light |
| Intermediate | 15:00 | Moderate |
| Advanced | 20:00 | Strong |

You cannot change a programme during a session. First switch your unit off and on again. Then select your programme using the programme button.

**4. To help you get the most from your unit, you should follow the 30 day plan.** To do this, use SLENDERTONE SYSTEM-ARMS 5 times a week for 4 weeks and record the highest intensity levels in your diary (the diary is inside the back cover). Each week you have two rest days. The diary below shows one person's plan, recorded during scientific testing over a 30-day period. The intensity level will vary from person to person.

Try to increase your toning intensity regularly. But remember, do not over-exert yourself. Any workout should be at a level comfortable for you.

## 30-DAY PLAN

| Week | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| 1 | (20 20) | rest | (25 25) | rest | (30 30) | (40 40) | (40 40) |
| 2 | rest | (50 50) | (55 55) | rest | (60 60) | (65 65) | (65 65) |
| 3 | rest | (65 65) | (70 70) | rest | (70 70) | (70 70) | (75 75) |
| 4 | rest | (75 75) | (75 75) | rest | (80 80) | (80 80) | (80 80) |

Each box shows the highest toning intensity for either arm during each session.

Fill-in your diary every time you complete a toning session. Leave the diary somewhere you will see it regularly to motivate you to reach your goal.



## ADDITIONAL UNIT FUNCTIONS



**Information Button ( i )**
Press the information button any time during a session to see the highest intensity level you have reached for that session. Pressing the information button twice shows you the total number of sessions you have completed (Fig. a). While pressing the information button three times identifies the product type you are using.

Fig. a

**Mute Function ( )**
If you want to switch off your unit's sound effects, press and hold the programme button for two seconds (Fig. b). The mute function remains active indefinitely unless manually changed. Deactivate the mute function by again pressing the programme button for two seconds

Fig. b

**Keylock Function ( )**
If you find a comfortable exercise intensity, press and hold the information button for two seconds to lock that intensity (Fig. c). This function only remains active during the session in which it is activated. If you wish to increase the intensity further, deactivate the keylock function by again pressing the information button for two seconds.

Fig. c

**Error Messages**
In the unlikely event of your unit developing a problem, "Err" will appear on your unit display (Fig. d). If this occurs you should switch the unit off and then switch it back on again. It should now operate properly. If the problem persists, please call your local careline for further assistance:

UK: 0845 070 7777
Rep. of Ireland: 1890 9223388
International: +353 1 844 1016
Email: info@slendertone.com

Fig. d

Fig. e

**Battery Power / Replacing the battery**
The battery icon on the display will flash when the battery is low and needs to be recharged. After a period of time, you may find that your battery will only power your unit for a limited number of sessions, requiring you to charge the battery more frequently. This is because rechargeable batteries have a limited number of charge cycles and may eventually need to be replaced.

Fig. f

Should you need to replace the rechargeable battery, remove the small rubber plug from the back cover of your unit (Fig. e), unscrew the back cover and remove it. Replace the existing battery pack with a new battery pack (Fig. f) and replace the battery cover. You can purchase a new battery pack by contacting the SLENDERTONE Careline.

## FREQUENTLY ASKED QUESTIONS

***The stimulation is uncomfortable. How can I improve this?***

• Make sure the pads are positioned correctly and that they are pressed firmly against your skin - see page 6. Switch off your unit and reposition the garments if necessary.

• You can also smear a few drops of water on the black surface of the pads. This can improve the comfort of the muscle stimulation, but be careful not to get water on the unit. Ensure the unit is switched OFF before you do this!

• Ensure the metal studs are fully covered by the pads.

***My skin is red after the exercise. Is this a problem?***

• Some redness of the skin after a toning session is normal. It is partly due to an increase in the blood flow under the skin and should fade after a while. You may also experience some reddening of the skin due to the pressure of the garments. This is the same as the pressure marks you can get from tight clothing. You should not be concerned about this. It should fade soon after you remove them.

• If the redness is excessive, you may have the toning intensity too high. This may increase the reddening in sensitive skin. Try using a lower toning intensity for a few days. If the problem persists, you should stop using the unit.

***Will the product cause muscle soreness?***

As with all exercise some muscle soreness can occur after using SLENDERTONE SYSTEM-ARMS. This is normal and should go away after a while. Use a low toning intensity for a few sessions if you are experiencing muscle soreness.

***How do I know when to replace the pads?***

• With time the pads pick up skin debris and may need to be replaced as this makes the workout less effective and less comfortable.

• You may notice the signal is weakening even if the batteries are OK. This usually indicates that the pads are wearing and will soon need replacing. You can check this by first adjusting the garments to ensure correct positioning of the pads. If the problem persists, try using the unit with a new battery pack. If the signal is still weak or uncomfortable, you should order new pads.

• New pads can be purchased online at slendertone.com/system (check for special offers) or from the careline.

***Can I use SLENDERTONE SYSTEM-ARMS to treat muscles weakened from lack of use due to injury?***

Yes. The unit may be used for the alleviation of or compensation for injury. Consultation with your doctor or physiotherapist is required to establish a rehabilitation programme with your SLENDERTONE SYSTEM-ARMS, which would safely provide improvement to the strength and tone of the triceps muscles.

***Battery performance has degraded significantly.***

After an extended period of time you may notice a degradation in the performance of the battery in your unit. At this point you should purchase a new rechargeable battery pack. New rechargeable battery packs can be purchased through the SLENDERTONE Careline, or by visiting slendertone.com/system.



## QUICK GUIDE TO SOLVING PROBLEMS



| Problem | Possible Cause | Solution |
|---|---|---|
| No signal/ display is blank | The battery is low | Recharge the battery |
| The display is on but there is no signal | The battery is low | Recharge the battery |
| The battery symbol is flashing | The battery is low | Recharge the battery |
| The ⚠ symbol has appeared on the display* | The unit and garments are not properly connected | Ensure the garments and unit are properly connected |
| | The covers are still on the pads | Remove the covers from the pads |
| | The pads are worn | Visit the website or contact your local retailer for new pads |
| | The pads are not covering the studs | Make sure the pads fully cover the metal studs |
| | Poor pad contact with the skin | Press the pads firmly against the skin |
| Unpleasant feeling beneath the pads | The pads are worn | Visit the website or contact your local retailer for new pads |
| | Pads are not covering the metal studs | Reposition the pads so that the metal studs are covered |
| | Too many consecutive sessions | You should just do one session per day one any single body area |
| | The pads are worn | Visit the website or contact your local retailer for new pads |
| | The battery is low | Recharge the battery |
| | Poor pad positioning | See page 6 for correct pad positioning |
| Contractions are weak even with a high intensity | Pads are not covering the studs | Reposition the pads so that the metal studs are covered |
| "Err" appears on the display | Error message | Switch the unit off and on again. If the error persists call the careline |

* The ⚠ symbol always appears in conjunction with the left/ right intensity indicators. If the left indicator appears, there is a problem with the left-arm garment, the right indicator acknowledges a problem with the right-arm garment. If both indicators appear there is a problem with both garments.

## DOS & DON'TS

Your SLENDERTONE product is suitable for use by all healthy adults. However, as with other forms of exercise, some care is needed when using it, so always follow the points below and read your user manual carefully before use. Some of the points below are gender specific.

**Please do not use if:**
• You have an electronic implant (e.g. cardiac pacemaker or defibrillator) or suffer from any other heart problem.
• You are pregnant.
• You suffer from cancer, epilepsy or are under medical supervision for cognitive dysfunction.
• The unit is in close proximity (e.g. 1m) to shortwave or microwave therapy equipment.
• You are connected to high-frequency surgical equipment.
• Wearing the device necessitates placement over areas at which drugs/medicines are administered by injection (short term or long term) e.g. hormone treatment.

**Please get your doctor's or physiotherapist's permission before using your SLENDERTONE product if:**
• You have any serious illness or injury not mentioned in this guide.
• You have recently had an operation.
• You take insulin for diabetes.
• You want to use it on a young child.
• You suffer from muscle or joint problems.
• Using the device as part of a rehabilitation programme.

**When applying the pads and garments, always remember to :**
• Place the pads and garments ONLY as indicated in this manual.
• Avoid placing the pads or garments on the front or sides of the neck, across or through the heart (i.e. one pad on the front of the chest and one on the back), in the genital region or on the head. (Other toning units are available for other areas of the body - details are available at slendertone.com/system or from your local retailer)
• Avoid any recent scars, broken or inflamed skin, areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any parts of the body where feeling is limited.
• Avoid areas of injury or restricted movement (e.g. fractures or sprains).
• Avoid placing the pads directly over metal implants.

**Possible adverse reactions:**
• A small number of isolated skin reactions have been reported by people using muscle stimulation devices, including allergies, a prolonged reddening of the skin and acne.
• On very rare occasions, first-time users of EMS have reported feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation.

**To reposition pads during a session:**
• Always pause the programme currently running, unfasten the garments and then refasten them once the position of the pads has been adjusted.

**After strenuous exercise or exertion:**
• Always use a lower toning intensity to avoid muscle fatigue.

**Contact the careline if:**
• Your unit is not working correctly. Do not use it in the meantime.
• You experience any irritation, skin reaction, hypersensitivity or other adverse reaction. You should, however, note that some reddening of the skin can appear under the garments during and for a short time after a session.

**Note:**
• An effective treatment should not cause undue discomfort.

**Important:**
• Keep your unit out of the reach of children.
• The studs and pads must not be connected to other objects.
• Do not use your unit at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
• Cease using your unit if you are feeling light headed or faint. Consult your doctor if this happens.
• Do not touch the pads or metal studs while the unit is switched on.
• Do not use while driving, operating machinery or cycling.
• For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin with low stimulation intensities to familiarise yourself with the sensation before progressing to higher stimulation intensities.
• The arm garments are for use by one person only. Do not share your garments with anyone else.
• Do not over exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.
• Do not try to eat or drink anything while using SLENDERTONE SYSTEM-ARMS.
• SLENDERTONE will not accept responsibility if the guidelines and instructions supplied with this unit are not followed.

**N.B. If you are in any doubt about using your SLENDERTONE SYSTEM-ARMS for any reason, please consult your doctor before use.**

## TECHNICAL SPECIFICATIONS

**Caring for your unit**
Your unit should not be allowed to get wet or be left in excessive sunlight. It may be cleaned regularly using a soft cloth, lightly dampened in soapy water. Do not allow the interior of your unit to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your unit.

Access to the interior of the unit is not required for maintenance purposes.

If your unit is damaged, you should not use it but should return it to SLENDERTONE or your local distributor for replacement or repair. Repairs, service and modifications may not be carried out by anyone other than qualified service personnel authorised by SLENDERTONE.

**IMPORTANT:** Under no circumstance should anything other than the correct type of batteries – (rechargeable batteries 3.6V NiMH) be used with your unit. These can be purchased from the SLENDERTONE careline.

**Disposing of the pads and batteries**
Used pads and batteries must never be disposed of in a fire but in accordance with your country's national laws governing the disposal of such items.

**NOTE:** The signal gradually increases to a peak intensity level at the start of the contraction phase (i.e. ramp up) and gradually decreases to nothing at the start of the relaxation phase (i.e. ramp down). When the ⚠ symbol is flashing, the stimulus is significantly reduced.

**NOTE:** In accordance with the laws within the member state, safety testing on the device should be carried out every two years.
**NOTE:** In compliance with German law, product safety testing must be conducted every two years by an authorised test service.

**Accessories:**
You can purchase all SLENDERTONE accessories at slendertone.com/system. When ordering new pads, only use those carrying the SLENDERTONE brand. Any others may not be compatible with your unit and could degrade the minimum safety levels.

**Adhesive Pads** (each pack contains):
- 4 small adhesive pads Type 715

**SLENDERTONE SYSTEM Arm Garments (E:60)**
**SLENDERTONE SYSTEM Female Belt (E:10)**
**SLENDERTONE SYSTEM Male Belt (X:10)**
**SLENDERTONE SYSTEM Shorts (E:20)**
**SLENDERTONE Belt Extension**
**Battery Pack (3.6V, NiMH)**
**Battery Charger (2504-0303)**

**Product Type:** 390

**Intended use:** Muscle stimulator

**Waveform:** Symmetrical bi-phasic square waveform when measured into a resistive load.

**Environmental Specifications:**
**Operating:** Temperature Range: 0 - 35°C (32 - 95°F)
Humidity: 20 - 65 % RH
**Storage:** Temperature Range: 0 - 35°C (32 - 95°F)
Humidity: 20 - 85 % RH





**Description of your unit's symbols:**
There are a number of technical markings on your unit. These can be explained as follows:

The unit and garments are manufactured for Bio-Medical Research Ltd, Parkmore Business Park West, Galway, Ireland.

The unit requires 1 x 3.6 volt (NiMH) DC battery pack DC is indicated by the symbol: ⎓

The Output Frequency indicates the number of pulses per second transmitted by the unit. This is measured in hertz, which is indicated by "Hz".

Output (RMSA) means the maximum output root mean square current for each channel.

Output (RMSV) means the maximum output root mean square voltage for each channel.

⚠ This symbol means "Attention, consult the accompanying documents".

This symbol means type BF equipment.

CE 0366 This symbol on your unit is to indicate conformity to the requirements of the Medical Device Directive (93/ 42/EEC). 0366 is the number of the notified body (VDE).

SN stands for 'serial number'. Inside the box, on the back of the unit is the serial number specific to this unit. The letter preceding the number indicates the year of manufacture, where "L" denotes 2006, "M" denotes 2007 etc.

The garments' batch number is represented on their packaging, by the number corresponding with the LOT symbol.

**Rated Outputs – Voltage/Currents: E:60**

| Parameter | 500 | 1K | 1K5 |
|---|---|---|---|
| Output RMSV | 6.4V | 12.7V | 12.7V |
| Output RMSA | 12.7mA | 12.7mA | 8.5mA |
| Output Frequency | 50Hz | 50Hz | 50-Hz |
| DC Component: Approx. | 0 C | 0 C | 0 C |
| Positive Pulse Width: | 175-200µs | 175-200µs | 175-200µs |
| Negative Pulse Width: | 175-200µs | 175-200µs | 175-200µs |
| Interphase Interval: | 100 µs | 100 µs | 100 µs |

**Attention:**
This unit can deliver currents in excess of 2mA/cm$^2$ if used with incorrect electrodes.

At the end of the product lifecycle, do not throw this product into the normal household garbage, but bring it to a collection point for the recycling of electronic equipment.

Some product materials can be re-used if you bring them to a recycling point. By re-using some parts or raw materials from used products you make an important contribution to the protection of the environment. Please contact your local authorities if you need more information about collection points in your area.

Waste Electrical and Electronic Equipment can have potentially harmful effects on the environment. Incorrect disposal can cause harmful toxins to build up in the air, water and soil and can be harmful to human health.

**Garment Materials:**
Outer material: 80% Nylon, 20% polyester; Inner Material: 100% Polyester laminated to 100% polyurethane; Binding: 100% Nylon; Hook & Loop: 100% Nylon; Foam: EVA; Elasticated Straps: 100% Nylon.